CHAPTER V

SUMMARY,
CONCLUSIONS &
RECOMMENDATIONS
5-1 SUMMARY:

Thirty Basketball players of Nanded district, voluntary to participate in the training programmes. Exclusion criteria were the presence of chronic medical conditions such as asthma, heart disease or any other condition that would put the subjects at risk when performing the experimental tests. The subjects were free of smoking, alcohol and caffeine consumption, antioxidant supplementation and drugs during the programmes. They completed an informed consent document to participate in the study. The age, height, weight, resting heart rate, vital capacity, respiratory rate, and breath holding capacity of all subjects were measured in District Sports office basketball ground with 30 control groups.

A training program was planned for 16 weeks, 5 days a week and 90 minutes in moring 60 minutes in evening session as explained in Third Chapter. Exercise and yoga that use large muscles groups that can be maintained continuously and are aerobic in nature. These exercises include walking, running, jogging, and Suryanamaskar yoga. The exercise session should consist of the following procedure:

Warm-up period will be approximately 10 min., this was combine callisthenic-type stretching, exercise and progressive aerobic activity. However, cool down period was 5 to 10 min.
With regards to selected yoga and curling exercise on the three point shooting of basketball players, pre and post Test of control group, they have obtained the mean values of 9.21 and 9.56 respectively. Which are given in Table-1 reveals that no significant effects was found out ($t=1.29$) of yoga and curling exercise on the three point shooting of basketball players.

With regards to selected yoga and curling exercise on the three points shooting of basketball players, post Test of control group and Experimental group, they have obtained the mean values of 11.56 and 15.06 respectively. Which are given in Table-1 reveals that significant effects was found out ($t=4.37, < .05$) of yoga and curling exercise on the three point shooting of basketball players. That means there was significant effects of selected yoga and curling exercise on the three points shooting of experimental group basketball players.

With regards to selected yoga and curling exercise on the three point shooting of basketball players, pre and post Test of Experimental group, they have obtained the mean values of 10.23 and 15.06 respectively. Which are given in Table-1 reveals that significant effects was found out ($t = 8.94 < .05$) of yoga and curling exercise on the three point shooting of basketball players. That means there was significant effects of selected yoga and curling exercise on the three points shooting of experimental group basketball players. Thus, the hypothesis was rejected.

With regards to pre and post test of speed ability of experimental group, they obtained mean values of 1.15 and 1.76 respectively, which are given in Table-6 reveals that significant difference was found out in ($t=, <p.05$) Pre and Post test of Strength of experimental group. Which
means that there was significant effects of yoga and curling exercise training on Strength ability among basketball players.

With regards to pre and post test of Flexibility of control group, they obtained mean values of 6.00 and 06.01 respectively, which are given in Table-9 reveals that no significant difference was found out in (t=0.41) Pre and Post test of Flexibility of control group.

With regards to pre and post test of speed flexibility of experimental group, they obtained mean values of 8.39 and 9.78 respectively, which are given in Table-10 reveals that significant effects was found out in (t=<p.05) Pre and Post test of Flexibility of experimental group. Which means that there was significant effects of yoga and curling exercise training on Flexibility ability among basketball players.

With regards to selected yoga and curling exercise on the three point shooting of basketball players aged between 18 to 23, Pre and post Test of control group, they have obtained the mean values of 10.06 and 10.76 respectively. Which are given in Table-7 reveals that no significant effects was found out (t=) of yoga and curling exercise on the three point shooting of basketball players.

With regards to selected yoga and curling exercise on the three point shooting of basketball players aged between 18 to 23., post Test of control group and Experimental group, they have obtained the mean values of 10.22 and 14.99 respectively. Which are given in Table-1 reveals that significant effects was found out (t= < .05) of yoga and curling exercise on the three point shooting of experimental group. That means there was significant effects of selected yoga and curling exercise on the three points shooting of experimental group basketball players.
With regards to selected yoga and curling exercise on the three point shooting of basketball players aged between 18 to 23, pre and post Test of Experimental group, they have obtained the mean values of 11.08 and 16.32 respectively. Which are given in Table-9 reveals that significant effects was found out (t = < .05) of yoga and curling exercise on the three point shooting of basketball players. That means there were significant effects of selected yoga and curling exercise on the three points shooting of experimental group basketball players.

With regards to pre and post test of strength ability of experimental group, they obtained mean values of 3.67 and 4.74 respectively, which are given in Table-6 reveals that significant difference was found out in (t=,<p.05) Pre and Post test of Strength of experimental group. Which means that there was significant effects of yoga and curling excercise training on Strength ability among basketball players.

With regards to pre and post test of Flexibility of control group, they obtained mean values of 10 and 10 respectively, which are given in Table-9 reveals that no significant difference was found out in (t=) Pre and Post test of Flexibility of control group.

With regards to pre and post test of flexibility ability of experimental group, they obtained mean values of 7.61 and 9.70 respectively, which are given in Table-12 reveals that significant difference was found out in (t=<p.05) Pre and Post test of Flexibility of experimental group. Which means that there was significant effects of yoga and curling exercise training on Flexibility ability among basketball players.
With regards to selected yoga and curling exercise on the three point shooting of basketball players aged between 24 to 30 years, Pre and post Test of control group, they have obtained the mean values of 9.76 and 9.88 respectively.

With regards to selected yoga and curling exercise on the three point shooting of basketball players aged between 24 to 30 years.

Post Test of control group and Experimental group, they have obtained the mean values of 11.23 and 15.17 respectively. Which are given in Table-14 reveals that significant difference was found out \( (t<.05) \) of yoga and curling exercise on the three point shooting of basketball players.

With regards to selected yoga and curling exercise on the three point shooting of basketball players aged between 24 to 30 years, pre and post Test of Experimental group, they have obtained the mean values of 11.34 and 16.43 respectively. Which are given in Table-1 reveals that significant effects was found out \( (t < .05) \) of yoga and curling exercise on the three point shooting of experimental group basketball players. That means there were significant effects of selected yoga and curling exercise on the three points shooting of experimental group basketball players.

With regards to pre and post test of speed ability of experimental group, they obtained mean values of 1.34 and 1.87 respectively, which are given in Table-6 reveals that significant difference was found out in \( (t=,<p.05) \) Pre and Post test of Strength of experimental group. Which means that there was significant effects of yoga and curling exercise training on Strength ability among basketball players aged between 24 to 30 years.
With regards to pre and post test of Flexibility of control group, they obtained mean values of 6.12 and 06.17 respectively, which are given in Table-9 reveals that no significant difference was found out in (t=) Pre and Post test of Flexibility of control group.

With regards to pre and post test of speed ability of experimental group, they obtained mean values of 8.78 and 10.04 respectively, which are given in Table-18 reveals that significant difference was found out in (t=<p.05) Pre and Post test of Flexibility of experimental group. Which means that there was significant effects of yoga and curling exercise training on Flexibility ability among basketball players aged between 24 to 30 years.

5-2 CONCLUSIONS:

1. No significant effect was found out of yoga and curling exercise on the three point shooting of basketball players. Thus, the hypothesis was rejected.

2. Significant effect was found out of yoga and curling exercise on the three point shooting of basketball players.

3. There was a significant effect of selected yoga and curling exercise on the three points shooting of experimental group basketball players Thus, the hypothesis was rejected.

4. Significant effect was found out of yoga and curling exercise on the three points shooting of basketball players.
5. There was a significant effect of selected yoga and curling exercise on the three points shooting of experimental group basketball players.

6. Significant difference was found out in Pre and Post test of Strength of experimental group.

7. There were significant effects of yoga and curling exercise training on Strength ability among basketball players.

8. No significant difference was found out in Pre and Post test of Flexibility of control group.

9. Significant effect was found out in Pre and Post test of Flexibility of experimental group.

10. There was a significant effect of yoga and curling exercise training on Flexibility ability among basketball players.

11. No significant effects was found out of yoga and curling exercise on the three point shooting of basketball players.

12. That significant effects was found out of yoga and curling exercise on the three point shooting of experimental group.

13. There was significant effect of selected yoga and curling exercise on the three points shooting of experimental group basketball players.

14. Significant effect was found out of yoga and curling exercise on the three point shooting of basketball players.
15. There were significant effects of selected yoga and curling exercise on the three points shooting of experimental group basketball players.

16. Significant difference was found out in Pre and Post test of Strength of experimental group.

17. There was significant effects of yoga and curling exercise training on Strength ability among basketball players.

18. No significant difference was found out in Pre and Post test of Flexibility of control group.

19. Significant difference was found out in $(t=,<p.05)$ Pre and Post test of Flexibility of experimental group.

20. There was significant effects of yoga and curling exercise training on Flexibility ability among basketball players.

21. Significant difference was found out of yoga and curling exercise on the three points shooting of basketball players.

22. Significant effect was found out of yoga and curling exercise on the three points shooting of basketball players.

23. There were significant effects of selected yoga and curling exercise on the three points shooting of experimental group basketball players.

24. Significant difference was found out in $(t=,<p.05)$ Pre and Post test of Strength of experimental group.
25. There was a significant effects of yoga and curling exercise training on Strength ability among basketball players aged between 24 to 30 years.

26. No significant difference was found out in Pre and Post test of Flexibility of control group.

27. Significant difference was found out in (t=<p.05) Pre and Post test of Flexibility of experimental group.

28. There was significant effects of yoga and curling exercise training on Flexibility ability among basketball players aged between 24 to 30 years.

5-3 RECOMMENDATIONS:

After compilation of results the following recommendation are suggest by the investigator.

1. The similar study could be done in different games and sports